



OUR PURPOSE

This support group provides a place of hope where we can share our story and struggles with mental health issues, whether in ourselves or our loved ones.

The purpose of this ministry is to give and receive comfort and encouragement through God's grace, guidance and peace. You are not alone – come and be encouraged – there is HOPE!!

WHEN

**2nd and 4th Tuesdays
7-8:30 support group meetings**

**Cross Creek Church
3700 State Route 31, Palmyra
hope@crosscreek.church**

1 Corinthians 1:3-4

“God comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. For just as we share in the sufferings of Christ, so also our comfort abounds through Christ.”

WHAT TO EXPECT

Support group – for adults 18+ with mental health conditions and their family & friends

If there are enough attendees, sometimes we split up into 2 groups:

Peer to Peer

for those with a mental health condition

Family & Friends

for those with a loved one with a mental health condition

**Facilitated by family members of those living with mental illness*

**Confidentiality – share as much or as little as you wish; everything shared remains in the group*

**Educational and community resources provided*

"May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit". **Romans 15:13**